

Mental Wellness at School

**PRESENTED BY****Dr. Patrick Carney****SERIES SESSIONS**

Date	Time
November 29, 2017	9:00 AM - 3:30 PM

**LOCATION****Ramada Plaza Calgary Airport - 3515-26
Street NE****FEE****\$60.00****QUESTIONS?****Contact Us:****crc-register@arpc.ab.ca
403-291-0967****REGISTER ONLINE****Visit our website to register:
crpcd.ab.ca**

Program

AUDIENCE: GRADES K-12 TEACHERS, PARENTS, EDUCATIONAL ASSISTANTS, COACHES, ADMINISTRATORS, DISTRICT LEADERS AND OTHER SCHOOL-BASE STAFF ARE ENCOURAGED TO ATTEND.

In addition to our need to support students who are currently experiencing Mental Health challenges, research is indicating that more focused approaches for teaching Social Emotional Learning (SEL) skills to all students supports academic success. Students do so much better when they can identify what they are feeling, manage their emotions, show empathy and resolve conflicts. Furthermore SEL is important to increase the mental health resiliency we all need for the trauma, losses, stresses and strains that come our way over time.

This day-long workshop will focus on 3 Major Themes:

1. Incorporating SEL in every classroom – Going Beyond Awareness

Teachers as Human Developers – It has always been the case!

The Research Evidence for SEL impact on Achievement

SEL Core Competencies for All to Know and to Integrate

The Power of a Circle – a practical way to teach so much

More Strategies to Get Going

2. The Evolutionary Brain

Understanding Executive Functions to Manage Emotions

Kids Love this Stuff and can use it effectively

Readiness to Learn – Factors to consider in every class

Self Regulation Basics – A revolution for self care and learning

The Case for Math Well Being / What we can Learn about Anxiety

Physical Activity Imperatives vs Zero Movement Classrooms and Homes

High Expectations, Empathy, Boundaries and Accommodations

3. Getting to Happiness – Flourishing

Positive Psychology Insights

Connecting to SEL

Via Character Strengths

Flourishing versus Languishing

Strength Strategies for the Classroom

Presenters

Dr. Patrick Carney

has a long-standing interest in the promotion of positive mental health. Hailing from a family of 10 children in a farming community he appreciates the vital role of the whole school community to help raise resilient children. He obtained his master and doctorate degrees from the Faculty of Education at the University of Alberta and he was a practicing psychologist in Alberta for 13 years. He has published extensively and provided workshops across Canada, in the Northwest Territories and internationally.

Pat is currently a Mental Health Lead at an Ontario School Board. He was recipient of the 2012 Award of Merit from the Ontario Psychological Association for his "significant and sustained contribution to Educational Psychology." In 2014 he was elected to the status of "Fellow" with the Canadian Psychological Association. In 2015 he authored a book for teachers entitled "Well Aware – Developing Resilient, Active and Flourishing Students" through Pearson Canada, which became a best seller for books in education.



**Providing Quality Professional Learning
Opportunities to K-12 Education Staff**